

SENSEI GEOFF COLE

6TH DAN

In my family there has always been a tradition of pursuing self-defence disciplines and highly active sports. Due to this historic trend I always felt the need to channel my passion and energy into a challenging regimen.

My journey in martial arts began with *Goju Ryu Karate* under Sensei's Bob Christian and Bob Honeyball. From here I ventured onto *Ju Jitsu* with Sensei's Jim Robinson and Ronnie Colwell. During this time I was also playing football and had a promising football career which ended due to a serious injury. From here I developed a strong interest in the practice of *Shotokan Karate*.

In 1985 I started to train with the *KUGB* at *Picton SKC* under Sensei Jim Brennan and other dojo's including the *Liverpool Red Triangle SKC*. Since then, I have never looked back and found the challenge, discipline and style fascinating.

Throughout the years I have been fortunate to successfully compete in many team and individual *kumite* competitions. I was unexpectedly placed third in the *North of England Karate Championships* individual senior event in my first competition as a yellow belt. This surprise result ignited a passion in me to train harder and pursue a course for further achievements.



Following my retirement from competition I opened my first club with encouragement of Sensei Jim Brennan. I run two Karate clubs in South Liverpool where I share the knowledge and teaching to my students and family members that was instilled in me by my Sensei and other *KUGB* and former *JKA* instructors. Our club has recently joined *HDKI*, under Chief Instructor and head technical director, Sensei Scott Langley.



As well as training and teaching, I enjoy meeting old and new *Karateka* at courses and competitions where I officiate as a referee at a regional, national and international scale.

There is so much to learn and absorb when striving for perfection in Karate. It requires many years of diligent study and fortitude and even now I feel that I am still scratching the surface of the higher echelons of it all. However, I will endeavour to continue onwards my journey.

It is of note to mention that Sensei Frank Brennan and the late Sensei Bob Poynton and great master Sensei Enoda have been immensely influential in my ability and success to date.

